

Pregnant? Breastfeeding? Child under age 5?



Working and on a tight budget? Use medical coupons or Healthy Options*?
Would you like to know more about your child's growth and feeding?

Call WIC today.

The Nutrition Program for **W**omen, **I**nfants and **C**hildren.
It's the healthy choice for your kids – and your budget.

WIC helps you give your child a healthy start with:

- Checks for up to \$50 worth of healthy food monthly: milk, eggs, cereal, cheese, dried beans, juice, peanut butter and formula for infants who aren't breastfed.
- Baby book for pregnant women.
- Nutrition and breastfeeding tips.
- Help finding health care.

WIC Income Guidelines per month:
(a pregnant woman counts as 2)

- Family of 2 earning up to \$1,869
- Family of 4 earning up to \$2,837
- Family of 6 earning up to \$3,805

(Valid until March, 2004)

* If you are on medical coupons or Healthy Options you are income eligible for **WIC**.

WIC is an equal opportunity program.

Getting WIC will not affect your immigration status.



1-800-322-2588

Healthy Mothers, Healthy Babies

www.hmhbwa.org

